



Getting to Know the GMS Guide

The GMS guide is packed with information about GMS but you have to be able to find it. By answering these questions we hope you will become familiar with the guide so it can be a valuable resource for you throughout the year. Please bring your answers with you to your first meeting you're your Local Health Department.

1. Where can you find information about reimbursements?
 - a. Mentor Logistics folder, Reimbursements folder
2. Would you write a policy or a description for Gold #3C?
3. Would you write a policy or a description for Bronze #5?
4. Where can you find the "14 Grading Points Checklist" for the Tobacco policy?
5. Find the Gold Timeline. When does it suggest you hand out *Rewards Kids Will Crave* booklets to the staff?
6. When are mid-year progress reports due?
7. Where can you find the assembly checklist?
8. What website would you visit to find Dole 5 A Day lesson plans?
9. What is a Walking School Bus?
10. List one activity from the *Traditional Activities* document.

11. Describe a GMS success story that you read in the guide.
12. Where can you find the article *Tracking the Exercise-Achievement Link*?
13. When must timesheets be turned in?
14. Where can you find help for writing policies?
15. When should your first newsletter be distributed?